

AMENDMENTS TO THE CLAIMS

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Claims 1-24 (canceled)

Claim 25 (New): A method for behavioral modification in the learning process, comprising the steps of:

providing at an Internet site a course of instruction having a number of guided practice activities to be performed by an individual, each guided practice including information on how to modify behavior; and,

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1 automatically transmitting the guided practice activity to the individual at a preselected times, thus to provide the individual with an active learning experience through the guided practice activity pushed from the Internet site at preselected times during the day.

Claim 26 (New) The method of Claim 25, wherein the guided practice activities are transmitted to the individual at times preselected by the individual such that the guided practice activities are not disruptive.

Claim 27 (New): The method of Claim 25, and further including the steps of providing acknowledgement of receipt of a guided practice activity and transmitting the acknowledgement back over the Internet to the Internet site.

Claim 28 (New): The method of Claim 25, and further including providing the individual with additional guided practices from the Internet site.

c/ Claim 29 (New): The method of Claim 25, wherein the individual guided practices activities from the Internet site are time limited so as not to interfere with the normal tasks of the individual.

Claim 30 (New): The method of Claim 25, and further including the step of preceding a guided practice activity with a mini-lesson.

BS Claim 31 (New): The method of Claim 25, and further including providing a device to which the guided practice activity is transmitted.

cont Claim 32 (New): The method of Claim 31, wherein the device is selected from the group of internet-enabled devices consisting of computers, mobile phones, pagers, personal digital assistants and voice over IP audio producing terminals.

Claim 33 (New): The method of Claim 25, wherein the automatic transmission is at a pace so as not to disrupt the individual during his workday.

Claim 34 (New): The method of Claim 25, wherein the guided practice activity includes experiential learning in which the individual is prompted to respond with some action.

Claim 35 (New): The method of Claim 25, wherein the guided practice activity is designed to improve competency in the workplace.

Claim 36 (New): The method of Claim 25, wherein the guided practice activity is designed to teach an athletic activity.

Claim 37 (New): The method of Claim 25, wherein the guided practice activity is golf.

Claim 38 (New): The method of Claim 25, wherein the guided practice activity is designed to empower women to react to specific workplace encounters with positive results.

Claim 39 (New): The method of Claim 25, wherein the guided practice activity is designed to improve the response of the individual to health related issues.

Claim 40 (New): The method of Claim 39, wherein the health related issues include controlling the weight of the individual.

Claim 41 (New): The method of Claim 39, wherein the health related issues include addiction.

Claim 42 (New): The method of Claim 39, wherein the health related issues include the taking of medication.

Claim 43 (New): A system for behavioral modification, comprising:

a website coupled to the Internet;

a course of study available at said website including guided practice activities, each guided practice activity including information on how to modify behavior;

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means for automatically transmitting to the individual said guided practice activities at predetermined times during the day; and,

a device available to the individual and coupled to the Internet for receiving the automatically transmitted guided practice activities and prompting the individual to take action in the form of practice.

Concl.
Claims 44 (New): The system of Claim 43, and further including means for automatically transmitting to said individual a mini-lesson prior to transmitting a guided practice activity.
